

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

My skin & hair have been looking really good.

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Please describe any external changes experienced with respect to skin and hair conditions:

Regular use of hemp hearts keeps my skin in better condition. My skin is not nearly as dry as it used to be, especially in winter.

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Using Hemp Hearts plus a vegetarian diet has probably arrested my sun damaged skin.

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PEOPLE HAVE COMMENTED ON MY SKIN, I DEFINATELY HAVE LESS LINES, ALSO MY HAIR HAS GROWN MORE THAN IT EVER HAS BEFORE (SOMEONE THOUGHT I HAD HAIR EXTENSIONS) IT IS ALSO THICKER & SHINIER

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I have noticed that my skin is moist and smooth since using hemp hearts. my dry feet have become smooth and no longer snag my nylon stockings.

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*LESS DRYNESS
MORE ELASTICITY
MORE SHINE IN THE HAIR*

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Please describe any external changes experienced with respect to skin and hair conditions:

less hair loss.

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Please describe any external changes experienced with respect to skin and hair conditions:

agreed